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WE'VE GOT FIVE CLASSY REASONS YOU SHOULD WATCH THE MUCH MUSIC VIDEO AWARDS THIS WEEKEND, AND THEY BEGIN WITH THIS GENTLEMAN PAGE 16

FORD SCANDAL WIDENS

A woman, identified as Madina Gasla by relatives, is led out by police into a cruiser on Thursday during a massive early-morning raid — dubbed Project Traveller — on an apartment block in west-end Toronto. The guns and drugs sweep, which saw dozens of officers execute 39 search warrants in Toronto, Windsor, Ont., and Edmonton, was the latest dramatic link to Toronto Mayor Rob Ford and ongoing crack-cocaine allegations. Story, page 10. STEVE RUSSELL/TORSTAR NEWS SERVICE

Two killed in North Battleford float plane crash

Fiery impact. TSB investigators headed to site where small plane carrying father and son went down shortly after takeoff

A small float plane that crashed in west-central Saskatchewan burst into flames after hitting the ground, the Transportation Safety Board says.

"There was a Piper PA-14 — that's a two-seat single-engine aircraft with floats on it — that departed a lake near the North Battleford airport and crashed shortly after takeoff," board spokesman Chris Krepski said Thursday.

"There were two people aboard, and the aircraft was destroyed in a post-impact fire."

The RCMP confirm Shane Buchanan, 40, and his father, Charles Buchanan, 63, from Whitehorse, died.

RCMP officers walk near the site of a deadly plane crash in North Battleford on Thursday.

CJNB, HANDOUT/THE CANADIAN PRESS

Shane Buchanan owned and operated a big-game hunting company called Moon Lake Outfitters Ltd. Its website identified him as a float-plane pilot.

Sgt. Kurt Grabinsky said the plane was on its way to Calling Lake, Alta.

The plane was briefly airborne and then crashed on the grass near the runway.

Grabinsky said the fire was put out within 10 minutes.

He said there was a light wind and it had just starting raining.

The Transportation Safety Board said investigators from Winnipeg will head to the crash site on Friday.

"We have an agreement with the coroner of Saskatchewan that even if we don't investigate, we will look at the occurrence, assess it and provide factual details to the coroner," said Peter Hildebrand of the safety board.

"Depending on what we find at the site, there may or may not be a full public report as a result of this."

City officials say the Cameron McIntosh Airport has been shut down and people are asked to stay away.

CJNB/CJWW/CJME/THE CANADIAN PRESS

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City wants to ensure you're loving life, not just living it

Quality of life.
Officials outline series of projects to improve existence in Saskatoon

JANE CAULFIELD
jane.caulfield@metronews.ca

When the city released its strategic plan in 2012, it recognized a high quality of life for residents as a top priority.

And on Thursday, the administration outlined exactly how it's addressing that as the city continues to boom.

"(We're) always looking to upgrade, make sure that we have great facilities, programs, services that are actually addressing the needs of the community," said Lynne Lacroix, community-development branch manager.

Part of the plan focuses on building partnerships and action plans for the changing cultural needs and demographics of the city.

Naming a number of current and upcoming projects, Lacroix said there are several priorities.

"This is a multi-pronged approach to addressing quality of life because it is about safety … housing … sport, culture and recreation … diversity and inclusion and it is about accessibility for people of all walks of life," said Lacroix.

Some of the initiatives the city will be working on include emergency-response times, housing and planning for an aging population. The plan also includes constructing or upgrading 11 parks and park facilities within the city.

Looking ahead, the city also has begun planning for various revitalization projects to older neighbourhoods that will promote healthy growth within the city.

Some of the areas included in the revitalization plans are streetscaping on Central Avenue, enhancing character on Broadway Avenue and the South Caswell Hill project slated to begin in 2017.

A resident walks through Hampton Village, one of the city's newest neighbourhoods. City officials say ensuring an adequate amount of housing is one way to help maintain a high quality of life in Saskatoon. SUPPLIED/CITY OF SASKATOON

Mother and son plead guilty in abduction

A teenage boy and his mother have pleaded guilty after a pregnant girl was taken from her home in Saskatchewan.

Crown prosecutor Steve Kritzer says the woman has pleaded guilty to obstruction of a peace officer. A charge against her of abduction of a person under the age of 16 was stayed.

The 16-year-old boy initially faced four charges, but the Crown accepted a plea on one count of break-and-enter and abduction.

"There is a separate charge for abduction that we could have proceeded with, but the count that we accepted the guilty plea on basically encompasses all of the actions," Kritzer said Thursday.

The Youth Criminal Justice Act prohibits naming the boy or anyone whose name could identify him.

The charges were laid after a pregnant 14-year-old girl was taken from her family's home in January. The girl's family said a pair of male intruders wearing ski masks burst into the home demanding the girl pack some clothes and leave with them.

At the time, the boy's mother told reporters that her son, who is the father of the girl's child, would never hurt the girl and called the whole situation a misunderstanding.

The girl was later brought to police, and charges were laid against two teenage boys and the woman.

Earlier this month, the second teenage boy pleaded guilty to break-and-enter and abduction. He is scheduled to be sentenced July 11.

The mother and son are due back in court Aug. 8 for sentencing. THE CANADIAN PRESS

1 NEWS

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Fans pick season power players

With the Saskatchewan Roughriders kicking off their CFL preseason against the Edmonton Eskimos on Friday night, Metro hit the streets to get fans' opinions on which players will rise to the occasion this year.

ALYSSA MCDONALD AND MORGAN MODJESKI
regina@metronews.ca

"I'm really hoping that it's going to be Darian Durant. We just really need him.... I went to a couple of games last year and he just wasn't throwing the ball good — nobody was getting their passes."
—Daniele McDonald, 22, legal assistant, Saskatoon

"John Chick, because he was the defensive player of the year a couple of years ago. He's returning from the NFL and I think he will be a great asset to the Riders with his NFL experience. That veteran experience is good to have."
—Tiffany Fossum, 28, registered nurse, Regina

"I think Rey Williams is coming back to a good situation. I don't think he was in a good situation in Hamilton and I think he's been missing the Rider pride. He's still got lots left in the tank and I think he wants to prove to everybody that the defensive issues in Hamilton weren't attributable to him."
— Ronald Rawlyk, 40, drafting contractor, Saskatoon

"John Chick has been performing really well in the spring training camp.... I think that he is going to be one of those players like he was before he left, and he's got something to prove now that he has come back here. They have been missing something and I think it's been him."
— Lindsey Longstaff, 29, communications, Regina

"It's about time Durant did it. I think he had a little bit of a poor season last year and we're looking forward to this year being a much more productive season for him. He has pretty good receivers this year and the defensive line looks good, so good things are coming."
— Nasser Malik, 43, engineer, Saskatoon

"I think Anderson needs to step up because in recent years they haven't had a solid defensive secondary line — a lot of passing yards given up and (also) some big plays. He's a big pickup."
— Will McGee, 19, Regina Downtown employee, Regina

Pamela Wallin blames Senate problems on 'paperwork'

Sen. Pamela Wallin says the Prime Minister's Office gave her an ultimatum last month — resign from the Conservative caucus within one hour or she would be fired.

Wallin gave an interview to the CBC on Thursday night to give her side of the story on questionable expense claims that have dogged her for months. She says the prime minister's new chief of staff, Ray Novak, and the Tory Senate leadership told her she was not "representative of the views" they wanted to have in public and she had to go.

Wallin has kept a low public profile while awaiting the results of an independent audit into her expenses, but says she decided to give her side of the story because the audit has been delayed.

Wallin, who now sits as an Independent in the Senate, has paid back $38,000 in expenses and says she may have to repay more.

She blames the issue on failing to properly deal with the paperwork to submit expenses.

"There's a lot of paperwork.... Sort of more paperwork than is humanly possible to keep on top of. So I made mistakes," she told CBC's the National.

Wallin said the questionable expenses concern business flights related to her membership on several corporate boards but were not for the Conservative party.

"I did very little direct party work," she told the CBC. "Obviously in Saskatchewan, I went and campaigned for some of my colleagues, obviously I would do that. But there weren't charges associated with that, because I'm actually at home."

Wallin said that she never talked to Prime Minister Stephen Harper about her expense woes but did keep his then chief-of-staff Nigel Wright in the loop.

She said Wright never offered to help repay any of her expense claims as he did with Sen. Mike Duffy.

THE CANADIAN PRESS

Racking it up

Wallin's travel expenses from September 2010 to Nov. 30, 2012, showed she had claimed $29,423 in what's deemed regular travel to and from her home province of Saskatchewan, while racking up another $321,000 in other travel.

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Motive: Case of beer

Man gets 7.5 years for serious assault

Rico Flett has been sentenced to seven and a half years in prison for a brutal and unprovoked assault over a case of beer.

Court was told Wayne Kroetsch suffered broken ribs, a punctured lung, a damaged pancreas and liver, a brain injury and vision problems. THE CANADIAN PRESS/GLOBAL SASKATOON

Vroom vroom. Motorcycles rumble to raise funds for prostate cancer

With a rumble and a roar, Saskatoon's fifth annual Motorcycle Ride for Dad will be taking place this weekend to raise awareness and funds for prostate cancer research.

Organizers of the event are expecting more than 400 riders to participate in the 2013 parade and co-chair Lyle Drysdale said the motorcycle is the perfect tool to get people thinking about an important issue.

"Having the parade attracts peoples' attention, because people aren't generally used to seeing a couple hundred bikes together," said Drysdale. "We use it because they're usually noisy, they're shiny, they're bright — it's just something different."

He explained people have embraced the event in its five-year run, noting participation has more than doubled since its beginnings in 2009.

"Every year that the weather has been nice, it's surprised us how many riders we've actually gotten," said Drysdale. "It's always exceeded what we expected and we're kind of surprised at the rate in which the ride has grown and how many people are aware of it.

"It's encouraging for us, because if people have heard of the ride, hopefully they're also getting their prostates checked."

The Motorcycle Ride for Dad takes place June 15 with parade riders leaving the Western Development Museum at 10:45 a.m. For full route details visit motorcyclerideford ad.org.

MORGAN MODJESKI/METRO

Cool weather, hot cakes

A little rain didn't stop a number of civic employees and members of the public from enjoying the 39th annual Civic Pancake Breakfast. For a mere $5 per plate, residents got an order of pancakes with sausage, coffee or juice, with proceeds going to the United Way of Saskatoon and Area. Linette Nelson, committee chair of the breakfast, said the event raised roughly $5,500 with a total of 1,180 breakfasts served.

MORGAN MODJESKI
morgan.modjeski@metronews.ca

1 Pancake party. Loading up on golden goodness

Stephanie Serblowski, a volunteer at the pancake breakfast, poses for a shot with her delicious pancake on Thursday morning at the Civic Square.

2 Better than batter. Is that a kitchen utensil?

Booker Wills, a municipal employee who was volunteering at Thursday's event mixes up a bucket of batter for hungry residents and volunteers.

3 Chow down. Even those on the beat gotta eat

Community support officer (CSO) Nicole Buday, left, and CSO supervisor Lesley Prefontaine take a minute to enjoy some pancakes.

4 Top it. Event sizzles with help of volunteers

Volunteer Gail Gillard, poses for a shot as she prepares to put some fruit topping on the plate of pancakes being carried by Derek Reding.

5 Environmentally friendly. Flapjacks that keep you coming back

Liz Hartman, poses for a photo with a bag of waste from Thursday's event. The 2013 edition of the Civic Pancake Breakfast was the sixth as a zero-waste event as all materials used are compostable, recyclable or reusable supplies.

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Municipal workers clean up graffiti in Istanbul's Taksim Square on Thursday. Turkey's government this week proposed a referendum on a development project in Istanbul that triggered demonstrations that have become the biggest challenge to Prime Minister Recep Tayyip Erdogan's tenure. THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

Turkish PM demands an end to occupation of park

Protest. But Erdogan agrees to meet with protesters in a sign he might negotiate

Turkey's prime minister issued a "final warning" to protesters on Thursday, demanding they end their occupation of a park next to Istanbul's Taksim Square that has ignited the largest political crisis of his 10-year rule.

Despite the ultimatum by Prime Minister Recep Tayyip Erdogan, thousands of activists camping out in Gezi Park dug in for a potential culmination of their two-week standoff with authorities.

A violent police crackdown May 31 on a small sit-in to protect trees in Gezi Park sparked the protests that spread to dozens of cities. THE ASSOCIATED PRESS

Peace over violence?

- Erdogan was to meet late Thursday night with representatives of the protesters, including Taksim Solidarity. But that group does not speak for the thousands of protesters camping out in the park, so even if a deal is reached the sit-in may not end.

Czech Republic

Cops raid PM's office building, arrest senior aide

The anti-organized-crime unit in the Czech Republic has carried out raids at the Office of the Government, where Prime Minister Petr Necas is based, and at the Defence Ministry and other places across the country, police said on Thursday.

In comments to journalists, Necas confirmed that Jana Nagyova, the director of his office, was among those arrested. He said he would stand by her.

"At the moment, I have no information that would prove any criminal activity of my collaborators," Necas said.

Police spokesman Pavel Hantak declined to identify any of those arrested.

Necas called on the police and prosecutors to "immediately give reasons for such a massive action."

The Social Democrats, the main opposition party, called for Necas to resign. THE ASSOCIATED PRESS

Russia. Putin considers dispute with U.S. over manuscripts to be done

Russian President Vladimir Putin says he considers a dispute with the United States over an archive of Jewish manuscripts to be a dead issue.

A U.S. judge in January ordered that Russia pay $50,000 a day until it turns over the so-called Schneerson Collection of books and documents to Chabad Lubavitch, a Hasidic movement headquartered in Brooklyn, N.Y.

But Russia claims the collection is state property. On Thursday, Putin said he considers "the question of the Schneerson library to be closed." THE ASSOCIATED PRESS

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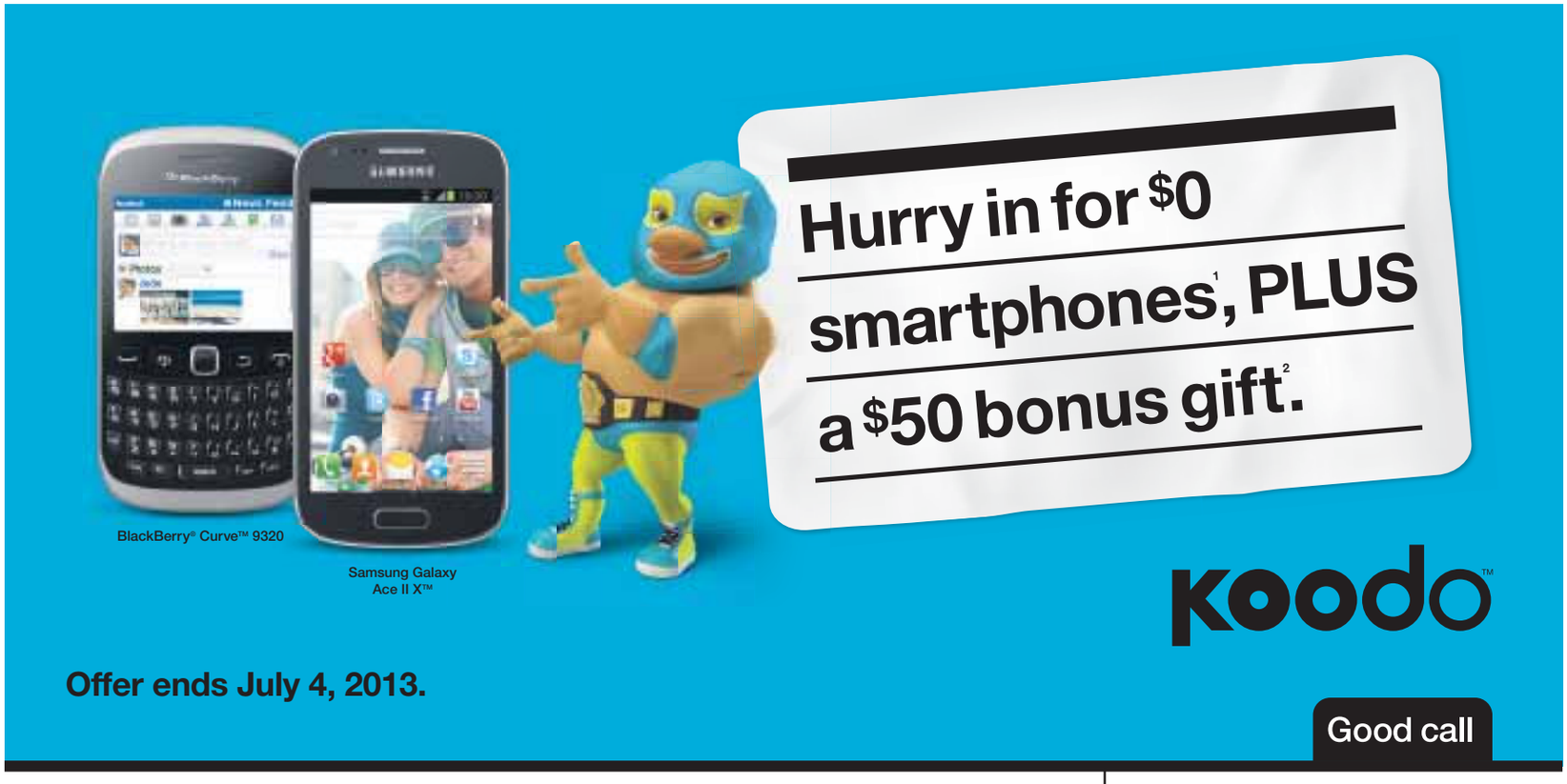
A U.S. judge in January ordered that Russia pay $50,000 a day until it turns over the so-called Schneerson Collection.

Russian President Vladimir Putin visits the library of the Schneerson family in the Jewish Museum in Moscow on Thursday. The collection is the focus of a dispute between Moscow and Washington. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS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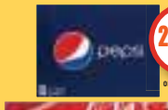

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Contained

Crews start cleanup work on B.C. oil spill

Oil spill response teams were at work Thursday containing and cleaning up a spill of light crude from Kinder Morgan's Trans-Mountain pipeline in the B.C. Interior, just weeks after the company officially filed plans for a controversial expansion of the line.

The National Energy Board said initial estimates were that the spill was small, and the public and the environment were not at risk.

The energy watchdog said it doesn't yet know the size of the leak, which took place on Crown land. Calgary-based Kinder Morgan says only about two cubic metres, or 12 barrels, of light crude was detected. THE CANADIAN PRESS

Going somewhere?

Mulcair apologizes for failing to stop at security checkpoint

To hear it told in the House of Commons, NDP Leader Tom Mulcair's minor run-in with the RCMP on Parliament Hill on Thursday could have been a scene from the latest Fast and Furious flick. The Opposition leader was forced to apologize after breezing through a security checkpoint and apparently failing to stop until halted by the Mounties. THE CANADIAN PRESS

NDP Leader Tom Mulcair
THE CANADIAN PRESS

Questions raised over Alberta spill

Big impact. First Nations community concerned over effect on environment

A First Nation wants answers from a Texas-based oil company after a pipeline spilled 9.5 million litres of industrial waste water in northern Alberta.

Dene Tha' leaders are to meet Monday with Apache Canada Ltd. officials in the remote community of Assumption. Sidney Chambaud, a band councillor, said they want more information about what happened and what the company is going to do about it.

"There are wildlife impacts and water and land impacts," Chambaud said in an interview Thursday.

"Right now within that area the trees, the vegetation and the soil are dead. The water is contaminated."

The Energy Resources Conservation Board has said the spill of water containing salt, oil and minerals was first reported on June 1, but the board didn't learn about its size until Tuesday. Chambaud said the 42-hectare spill is so large it raises questions about how long the pipeline that carries water used in oil and natural-gas operations had been leaking. THE CANADIAN PRESS

Big spill

- The spill covered 42 hectares of land.
- One spill last June near Sundre fouled the Red Deer River after about 475,000 litres of oil spilled.

Deadly blast shakes Louisiana

A ground-rattling explosion Thursday at a chemical plant in Louisiana ignited a fire that killed at least one person and injured dozens of others, authorities said. Louisiana's health department said 73 people were treated at hospitals for injuries ranging from minor to critical following the Thursday morning explosion. State police Capt. Doug Cain said a body was found by hazardous materials crews going through the aftermath of the blast at the facility owned by The Williams Companies Inc., based in Tulsa, Okla. RYAN MEADOR/THE ASSOCIATED PRESS

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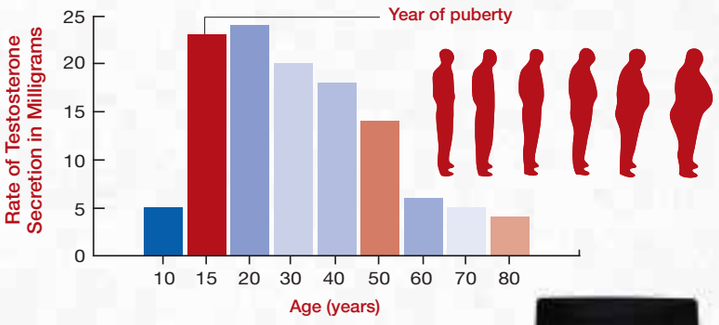

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C.D., MB

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Toronto police knew of Ford video: Report

Project Traveller. Toronto's police chief refuses to rule out possibility evidence collected in raid related to mayor

Police carry bags of goods seized from the house of Muhammed Khattak, the third person seen in a famous photograph with Toronto Mayor Rob Ford.
RICK MADONIK/TORSTAR NEWS SERVICE

Toronto police using surveillance techniques were "investigating the existence" of an alleged crack-cocaine video linked to Mayor Rob Ford several weeks before the story first surfaced, CTV News reported Thursday in the wake of a massive, multi-city police drugs and guns sweep.

The broadcaster quoted a "highly placed source" as confirming that "persons of interest discussed that video in detail, and referred to the mayor's alleged presence in the video."

The disclosure came as Toronto Police Chief Bill Blair announced 43 people had been arrested, 40 firearms seized and $3 million of drugs confiscated in early-morning raids concentrated on a Dixon Road complex, a cluster of apartment towers considered to be ground zero for the Ford video scandal.

Nineteen people in Toronto and nine in Windsor, Ont., were charged as part of a year-long police and border security investigation code-named Project Traveller, Blair said at a noon news conference.

He declined to answer any questions about Ford's connection to the evidence, what evidence was seized, how it was obtained or about a home involved in the raids where a man photographed with Ford lived.

TORSTAR NEWS SERVICE

Terrorism

Toews: Canada still a 'priority target' for al-Qaida

Al-Qaida remains Canada's biggest terrorist threat even though the group has weakened in recent years, Public Safety Minister Vic Toews said Thursday.

"Global violent extremist groups, such as al-Qaida, have been the leading terrorist threat to Canada for many years; this has not changed," Toews said. "Canada is still a priority target."

In total, 36 Canadians have died in terrorist attacks since 2001, all in other countries, according to the report, which identifies homegrown extremism as a key threat to Canadian security.

THE CANADIAN PRESS

Report. Defence minister issued secret instructions to eavesdropping agency

Peter MacKay
THE CANADIAN PRESS

Defence Minister Peter MacKay quietly issued new instructions to Canada's electronic eavesdropping agency that detail how and when it can help CSIS and the RCMP investigate Canadians, records show.

Briefing notes obtained under the Access to Information Act say the directive to the Ottawa-based Communications Security Establishment was one of seven such ministerial instructions issued in 2011.

The CSE monitors foreign computer, satellite, radio and telephone traffic to zero in on threats to Canada and gather intelligence. It is not supposed to direct its activities at Canadians. However, the agency can provide assistance to the Mounties and CSIS, Canada's domestic spy service.

For instance, the CSE says it may assist with the decryption of emails or other files that these organizations have collected. It can also provide advice, training and equipment.

THE CANADIAN PRESS

Firms can't patent isolated human genes, U.S. high court rules

Washington. Decision covers breast-cancer test brought into public eye by Angelina Jolie's double mastectomy

The U.S. Supreme Court has rule companies cannot patent parts of naturally-occurring human genes, a decision with the potential to profoundly affect the emerging and lucrative medical and biotechnology industries.

The high court's unanimous judgment reverses three decades of patent awards by government officials. It throws out patents held by Salt Lake City-based Myriad Genetics Inc. on an increasingly popular breast cancer test brought into the public eye recently by actress Angelina Jolie's revelation that she had a double mastectomy because of one of the genes involved in this case.

Justice Clarence Thomas, who wrote the court's decision, said that Myriad's assertion — that the DNA it isolated from the body for its proprietary breast and ovarian cancer tests were patentable — had to be dismissed because it violates patent rules. The court has said that laws of nature, natural phenomena and abstract ideas are not patentable.

However, the court gave Myriad a partial victory, ruling that while naturally-occurring DNA was not patentable, synthetically-created DNA could be patented. THE ASSOCIATED PRESS

BRACAnalysis test

- Myriad Genetics has used its patent to come up with its BRACAnalysis test, which looks for mutations on the breast cancer predisposition gene, or BRCA. Those mutations are associated with much greater risks of breast and ovarian cancer.
- Angelina Jolie revealed last month that her mother died of ovarian cancer and that her maternal grandmother also had the disease.
- She said she carries a defective BRCA1 gene that puts her at high risk of developing breast and ovarian cancers, and her doctor said that the test that turned up the faulty gene link led Jolie to have both of her healthy breasts removed to try to avoid the same fate.

T. rex burger is now extinct

A fast-food restaurant in Manitoba has backtracked on its offer to make customers a burger fit for Fred Flintstone. Barb Barker, an administrative assistant for the Wendy's outlet in Brandon, said they have stopped selling their T. rex burger, consisting of nine quarter-pound patties held together by nine pieces of processed cheese and a flimsy bun. "For obvious reasons, Wendy's of Brandon neither condones nor promotes the idea of anyone consuming a nine-patty hamburger in one sitting," said Barker. REDDIT/THE CANADIAN PRESS

2013 forecast

Google predicted to generate $8.9B from mobile ads

Google will sell more mobile advertising than the rest of its rivals combined for the second straight year, according to a new forecast by research firm eMarketer. The report projects Google will generate nearly $8.9 billion US in mobile ad revenue throughout the world this year, after paying commissions to its ad partners. THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.37¢ (+0.45¢)

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metro

YOU HAVE TO BE KIDNEY-ING ME

THE METRO LIST

Neil Morton
metronews.ca

1 WWDC. Apple unveiled its latest products at the 2013 Worldwide Developers Conference (WWDC) in San Francisco this week. The best line of the conference came from Apple marketing exec Phil Schiller. After unveiling the radically redesigned Mac Pro, he said, "Can't innovate anymore, my a--." Great mantra.

2 @HillaryClinton. The former secretary of state unlocked her Twitter account this week, and her Twitter bio lists herself, among other things, as "hair icon," "pantsuit aficionado," "glass ceiling cracker" and "TBD." Now most have a sneaking suspicion that "TBD" means a 2016 presidential bid? In due time, she'll probably make it official. With a tweet.

3 Facebook #hashtags. Now that Facebook has begun to roll out clickable, searchable hashtags (à la Twitter and Instagram) to help users better find content on the social platform, it somehow feels that hashtags have hit their tipping point. #Soon, #we'll #be #using #them #in #every #sentence #we #write. #And #in #everyday #conversation.

4 Covet Garden. This indie Canadian online decor magazine is using the crowd-funding site Indiegogo to help raise money to do a special print issue, Covet Garden Home. Their goal is $18K, and they've raised about $14K with three weeks left in the campaign. Ingenuity is the key in this economy for startups, and this is another great example of using social media to make a dream happen. Now.

5 Twerking. This latest dancing craze (Harlem Shake is so last month) got another huge shake this week when Miley Cyrus (rumoured new Justin Bieber squeeze) wiggled her hips and butt in the bouncy up-and-down motion on stage at a Juicy J concert. I would twerk for you, but it would totally ruin your day — and this latest online meme sensation.

6 Nadal's dramatic win. Rafael Nadal won a record-setting eighth French Open title Sunday. The only thing that almost prevented him from winning wasn't his opponent David Ferrer, but a shirtless protester with a white mask holding a lighted flare who jumped out of the stands and interrupted the match. Nadal was briefly rattled but went on to win in straight sets.

7 Real Housewives of Vancouver. The first Canadian version of the hit American franchise made it through two seasons, but won't have a third as Slice Canada has put it on hiatus. One of the problems might have been that the super-rich wives weren't superficial or plastic or vapid enough for viewers compared to their American ilk. Which is saying a lot.

8 Taylor Swift. The teeny-bopper sensation is in Toronto Friday and Saturday to begin the Canadian leg of the Red Tour, before heading west for Winnipeg, Edmonton and Vancouver. Now my wife and daughters will be hitting one of the T.O. shows, but I couldn't bear the thought of singing along to We Are Never Ever Getting Back Together with thousands of tweens.

9 Craigslist. It's known for local classifieds and jobs ads, but sometimes gets wackier. Like this week when a 23-year-old man from Cobourg, Ont., advertised his kidney there. "You can have the left or right, they both work perfectly. I'm in shape and quit smoking a year ago. I'm being more than serious about this, asking $20,000... THIS IS 100% SERIOUS !!!" Enough said.

10 Fired over Skype. The Edmonton Oilers announced Dallas Eakins as their new head coach this week (great hire), but handled the firing of their former coach in a rather odd way. While vacationing in Switzerland, Ralph Krueger was sacked over Skype by GM Craig MacTavish. At least it wasn't by a Facebook wall post.

11 Bowie. The Art Gallery of Ontario made the epic announcement that the exhibition David Bowie will arrive there this fall straight from London's Victoria and Albert Museum. It includes the icon's original stage costumes, instruments, album art, handwritten set lists and lyrics, and more. I already have the opening day, Sept. 25, marked on my calendar.

12 The Purge. This low-budget horror film — it cost about $3 million to make — starring Ethan Hawke, demolished everything else at the box office, taking in $36.4 million. Most of it was filmed in a house. I have a great idea for an indie horror to be shot in the outhouse at my in-laws cottage. All I need is $1.5 million, a camera, a flashlight, a bear and some toilet paper.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Nature's synchronized swimming

MARK VAN COLLER/SOLENT

Impromptu diving show impresses

These dolphins are showing off a new cross-discipline sport: surfing-meets-synchronized diving.

The pod of 30 bottlenose dolphins were spotted jumping out of the back of breaking waves that rolled into the coast. Photographer Mark van Coller took the shot on the east coast of South Africa, near Port St. Johns.

METRO

Q and A

Surf's up, dolphins

MARK VAN COLLER

How did you capture this?
It was sardine season on the east coast, so many predatory marine animals were in the region hunting. Myself and five others took a boat out to witness the animals in motion.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Since we're halfway through the year, many of you have likely abandoned those pesky New Year's resolutions. Was one of them to learn a new language? Give it another shot with an assist from these three.

Beginners' Chinese

You don't need to be an Economist subscriber to know that understanding Chinese could be helpful down the road. This iTunes podcast eases you into Mandarin with standard classroom fare like greetings, introductions and restaurant ordering.

ESL Pod

Canada is a nation enriched by immigration, and those arriving here with a very basic grasp of English would be very well-served by the wide variety of language and cultural lessons available here. (eslpod.com)

American Sign Language

Get animated with a full slate of lessons that will equip you with the gestures required to speak to the hearing-impaired. This is likely the one language we've all wished to learn at some point. (lifeprint.com/asl101)

Twitter

@metropicks asked: Metro writer @John_Mazerolle has new Heritage Minute ideas. What parts of our history merit airtime?

@ZedSprinkles: This news is 8 months old (but still funny)

@YOWdog: Royal Proclamation of 1763

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metro

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Synopsis

The story begins on Krypton, as all good Superman origin stories must. To save his son Kal-El from perishing on the doomed planet, Jor-El (Russell Crowe) rockets him off to a safe haven — Earth. There he is raised by Ma and Pa Kent, (Diane Lane and Kevin Costner), humble farmers who raise Clark Kent (Henry Cavill) as their own and keep his alien heritage a secret, but his extraordinary powers are exposed when a snoopy reporter (Amy Adams) digs into his life and the last surviving Kryptonians, led by General Zod (Michael Shannon) try and invade the planet.

- Richard: ●●●○○
- Mark: ●●○○○

Henry Cavill is sufficiently square-jawed and blue-eyed to play Superman, but Amy Adams lacks the pluck of Lois Lane. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Up, up and ... it's OK

Man of Steel.

Superman origin story has too much bang and not enough phone booths

Richard: Mark, Man of Steel plays kind of like a Nirvana song. It starts off quiet, then gets loud, then quiet again and then REALLY loud. Thing is Nirvana songs were usually under four minutes and this movie clocks in at well over two hours. Much of it is entertaining, but I have to say my eyeballs felt scorched after the protracted blow-'em-up scene that eats up much of the last 45 minutes of the movie. It's all crash-boom-bang and not nearly as interesting as the stuff that preceded it.

Mark: Richard, I always liked the Superman movies — even the bad ones — for their charm. Although there's some good scenes toward the beginning of the movie, it becomes bombastic and self-righteous; way too serious for its own good. That 45-minute scene you're referring to made me long for headphones with Enya songs playing on a long loop. And I know it's an origin movie, but I longed for the comic contrast between Superman and his journalist alter ego Clark Kent, which is mostly missing from the movie. Then again, we no longer have phone booths. Any of the actors appeal to you, Richard?

RC: I thought Cavill was suitably square-jawed and blue-eyed enough to play the icon lead character and Michael Shannon brought the crazy (as usual for him) to Zod, but I was let down by two other leads. Russell Crowe was fine, although I couldn't help but imagine Ralph Fiennes really eating up the role of Jor-El. Finally, I'm not sure Amy Adams is plucky enough to play Lois Lane.

MB: Cavill was square — I mean — square-jawed, wasn't he? Crowe was fine, but somehow Kevin Costner got to me in a very sentimental turn as Clark's dad. As for Michael Shannon, I can only assume he was forced to overact at gunpoint, with lines like "Unleash the world machine!!!!" For a movie that cost a few hundred million dollars, it was often close to a Flash Gordon serial at times.

RC: I think I wanted more Flash Gordon and less of what was on the screen in front of me. It's an entertaining movie for much of its running time, but the word overkill comes to mind. I feel like less — shorter running time, fewer explosions, not as many fights — would have been more.

MB: And did you notice that so many of the action scenes had the same basic gimmick — concrete being torn up over and over again? And I had to laugh when the entire city of Metropolis is collapsing under alien attack and there are scenes of people just staring at the buildings falling around them. If I see one brick on the ground, I'm outta there!

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Superheroes gone soft?

Chris Hardwick, creator of the Nerdist podcast and YouTube channel, explains to us why Superman has to be more human nowadays

"We've definitely become more of a culture of wanting to identify with characters rather than wanting to see characters that we couldn't be. It's not just movies and superheroes. When you look at protagonists in television, they're kind of crappy people. There's Don Draper or Dexter or Walter White. They're not good or bad — they're muddy.

What you see coming out now — after the era of '90s superhero movies — is sort of like the transition between glam rock and grunge, where you have the square-jawed heroes being phased out. They're kind of one-dimensional, there's not really much of an arc, they're just there to facilitate all of the action and just sort of be the opposing force to evil. But now people want to see more humanity, and I honestly think that has a lot to do with the Internet. The way we interact with the Internet, the way that we're all in each other's business with YouTube and

I have so many feelings: Superman.
HANDOUT

blogs, we're just used to seeing humans, and that's what we're identifying with, seeing other humans. People are bored by the one-dimensional, 'Oh, he can do anything' hero because what's at stake then? What are they battling? We've seen so much of it up to this point that the one place that superheroes hadn't really gone, at least in film yet, is inward.

What works in Man of Steel is just the idea of taking the heroes off the pedestal and going, 'They're still … if not humans, then creatures. Creatures with struggles.' Because that's what people get wrapped up in, story and struggle and not just, 'Oh look, he's better than everyone else.' It's the idea that he's not better than everyone. And Superman has a lot of struggles in the movie, more so than just, 'Oh, he's got super powers and he beats the crap out of those guys and it's all going to be fine because he's indestructible.' People have seen that. You still want your healthy dose of action scenes, but then you want to identify with the characters."

NED EHRBAR/MWN

On the Web

For more Hardwick, go to nerdist.com

THESE PAGES COVER MOVIE START TIMES FROM FRI., JUNE 14 TO THURS., JUNE 20 TIMES ARE SUBJECT TO CHANGE.

Broadway Theatre 715 Broadway Ave.

At Any Price (18A) Mon 7 Tue 9:30 Thu 9:30
Kon-Tiki (G) Mon 9 Tue 7 Wed-Thu 9:30
No Films Showing Today (STC) Sun Traditional Cree Documentaries (STC) Fri-Sat 7

Cineplex Odeon Centre 3510 8th St. East

Epic (G) Sat-Sun 2 Mon-Thu 5:45 Star & Strollers Screening Wed 1
Epic 3D (G) Fri 7:15-9:45 Sat-Sun 4:30-7:15-9:45 Mon-Thu 8:05
Fast & Furious 6 (14A) Fri 7:25-10:15 Sat-Sun 1:20-4:15-7:25-10:15 Mon-Tue 6-8:55 Wed 1:20-6-8:55 Thu 6-8:55
The Great Gatsby (PG) Fri 6:50 Sat-Sun 1-6:50 Mon-Thu 5:20
The Hangover Part III (14A) Fri 10:05 Sat-Sun 4:10-10:05 Mon-Thu 8:25
Iron Man 3 (PG) Fri 7-9:55 Sat-Sun 12:55-3:50-7-9:55 Mon-Tue 5:25-8:20 Wed 1:25-5:25-8:20 Thu 5:25-8:20
Man of Steel (PG) No Passes Fri 7:10 No Passes Sat-Sun 12:45-7:10 No Passes Mon-Tue 5:35 No Passes Wed 1:10-5:35 No Passes Thu 5:35
Man of Steel 3D (PG) No Passes Fri 10:25 No Passes Sat-Sun 4-10:25 No Passes Mon-Thu 8:40
My Little Pony: Equestria Girls (G) Sun 12:30-2:10
Pain & Gain (14A) Fri 6:40-9:30 Sat 12:30-3:35-6:40-9:30 Sun 3:45-6:35-9:30 Mon-Thu 6:05-9
Star Trek Into Darkness (PG) Sat 12:40-3:45 Sun 12:40-3:40 Mon-Thu 5:55 Star & Strollers Screening Wed 1
Star Trek Into Darkness 3D (PG) Fri-Sun 6:55-10 Mon-Thu 8:50

Galaxy Cinemas Saskatoon 347 2nd Ave. South

After Earth (PG) Fri 5:40-8:15-10:40 Sat-Sun 12:30-2:55-5:40-8:15-10:40 Mon-Tue 7:25-9:55 Wed 7:25 Thu 6:55
Epic (G) Fri 4:55 Sat 11:45-2:20-4:55 Sun 2:20-4:55
Epic 3D (G) Fri-Thu 7:40-10:10
Fast & Furious 6 (14A) Fri 4:50-8-10:55 Sat 11-1:55-4:50-8-10:55 Sun 1:55-4:50-8-10:55 Mon-Thu 7:30-10:25
The Hangover Part III (14A) Fri 5:25-7:50-10:25 Sat 11:15-2:45-5:25-7:50-10:25 Sun 12:15-2:45-5:25-7:50-10:25 Mon-Thu 7:50-10:15
The Internship (PG) Fri 7-10:05 Sat 12:45-3:45-7-10:05 Sun 12:30-3:30-7-10:05 Mon-Thu 7-10:05
Iron Man 3 (PG) Fri 7:15 Sat 1:05-7:15 Sun 1:05 Mon-Wed 6:40 Thu 6:30
Iron Man 3 3D (PG) Fri-Sun 4:20-10:35 Mon-Wed 9:40
Man of Steel (PG) No Passes Fri 10 No Passes Sat-Sun 12-10 No Passes Mon-Thu 10
Man of Steel 3D (PG) No Passes Fri 6:30 No Passes Sat-Sun 3:10-6:30 No Passes Mon-Thu 6:30 No Passes Fri 4:10-7:30-10:45 No Passes Sat-Sun 12:55-4:10-7:30-10:45 No Passes Mon-Thu 7:15-10:30
Monsters University 3D (G) No Passes Thu 9:15
No One Lives (18A) Wed 9:30
Now You See Me (PG) Fri 4:30-7:10-10:15 Sat-Sun 1:30-4:30-7:10-10:15 Mon-Thu 7:10-10:15
The Purge (14A) Fri 3:55-6:15-8:30-10:50 Sat-Sun 1:45-3:55-6:15-8:30-10:50 Mon-Thu 8:10-10:30
Spirit: Stallion of the Cimarron (G) Sat 11
Star Trek Into Darkness (PG) Fri 10:30 Sat-Sun 1-10:30 Mon-Thu 9:50
Star Trek Into Darkness 3D (PG) Fri-Sun 4-7:20 Mon-Thu 6:50
This Is the End (18A) Fri 5:35-8:10-10:50 Sat-Sun 12:25-3-5:35-8:10-10:50 Mon-Thu 7:45-10:20
World War Z 3D (STC) No Passes Thu 9:30
WWE Payback - 2013 (STC) Sun 6

Roxy Theatre 320 20th St West

From Up on Poppy Hill (STC) Fri 8:45 Sat-Sun 3:30-8:45 Mon-Tue 8:45 Thu 8:45
The Godfather (18A) Sun 12
The Sheepdogs Have at It (STC) Wed 8
Still Mine (PG) Fri 6:45 Sat-Sun 1-6:45 Mon-Tue 6:45 Thu 6:45
To the Wonder (PG) Fri 7-9:15 Sat-Sun 3:15-7-9:15 Mon-Thu 7-9:15

Rainbow Cinemas Saskatoon The Centre at Circle & 8th

42 (PG) Fri-Thu 4-9:40
The Big Wedding (PG) Fri-Sat 1:30-4:30-7:20-9:55 Sun 1:30-4:30-9:55 Mon-Thu 1:30-4:30-7:20-9:55
The Company You Keep (PG) Fri-Thu 1:05-4:05-7:05-9:50
The Croods (G) Fri-Thu 1:55-4:20-7:15-9:35
Identity Thief (14A) Fri-Thu 1:25-4:25-7:10-10
Oblivion (PG) Fri-Thu 1:15-4:10-6:55-9:45
Oz the Great and Powerful (PG) Fri-Thu 1:10-6:50
The Place Beyond the Pines (14A) Fri-Wed 1:50-4:50-7:50 Thu 4:50-7:50 Thu 1
Trance (14A) Fri-Thu 1-4:15-7-9:25

True Blood stardom means free food perks

Rob Kazinsky. British actor joins cast and talks about experience of shooting U.S. series

NED EHRBAR
Metro World News in Hollywood

This season on True Blood, there's a new faerie in town with Rob Kazinsky's Ben Flynn, a supernatural love interest for Sookie Stackhouse (Anna Paquin).

The British actor is aware his introduction will likely rile some of the show's relationship-obsessed fans, but he's just happy to have a job that comes with free snacks.

So, any trepidation about coming on as a new love interest for Sookie?
I am 100 per cent certain that I am going to be absolutely hated by everyone. Team Eric's going to hate me, Team Bill's going to hate me, Team Alcide — they're all going to absolutely loathe this guy just because he's not them. And I am prepared for that backlash. However I think in time people will come to realize that Ben, for the first time, offers a chance at happiness that none of those guys could ever give her. He is essentially a much more honest and a much more accessible guy than everybody else. But that certainly doesn't mean he's boring.

How does this compare to your time on the British soap opera Eastenders?
Different worlds. Vastly different worlds. I did 254 episodes of Eastenders and averaged about 85 episodes a year, shooting anywhere between 30 and 50 pages of dialogue a day. And then this, we're doing 10 episodes a year, so it's a slightly different machine. (laughs) The whole way everything goes on here in America is very, very different to how it's run in England. The biggest difference to me is always craft services. Having free food on set is just the best thing that's ever happened to anybody ever.

Is craft service really not a thing in England?
For the BBC there's no such thing as crafty or free food. At Eastenders there wasn't, anyway. So having doughnuts on set? Wonderful. Fresh fruit all the time? Having a coffee machine instead of having to pay three pounds for your coffee every time you want one? Oh my God, it's great.

This is news to me. I feel like my only exposure to British TV production was Extras, which looked more in line with American setup.
I think that was the idea so that it would be universally sellable. I mean, my experience in England is fairly limited to the soap that I did and the one other TV show I did. The way they do it [in the U.S.], when I did Brothers and Sisters, Law & Order, everything, it's a much easier place to be off-set, you know what I mean? There's much more to do when you're not working.

Rob Kazinsky GETTY IMAGES

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10 years ago, a little show called Canadian Idol was born

It was a decade ago this week that Canadian Idol debuted, and it was also something of a premiere for host Ben Mulroney.

Then only 27 and better-known to Canadians as the son of a former prime minister rather than a ubiquitous fixture of entertainment news coverage, Mulroney recalls watching the show's taped premiere at a friend's place with 10 or so others. Afterward, they hopped in a taxi and headed off to a midtown Toronto sports bar, and they were dropped off a small hike away.

"We had to walk about a block, and a car full of girls drove by and honked. And then two seconds later, a car full of guys drove by and heckled me," Mulroney recalled. "And I thought: 'OK. This is the new dynamic.'"

It wasn't only Mulroney's life that changed, of course.

Over its six-year run, Canadian Idol was fiercely criticized as a glorification of crass commercialism over artistry, as an uncreative (and un-Canadian) carbon copy of a hit international reality franchise and, eventually, as an ineffective star maker capable only of creating fleeting flashes rather than sustained heat.

While the debate has faded since the show was indefinitely "suspended" due to the chilly economic climate of 2008, those involved with its launch remember just how divisive Canadian Idol was.

"It was not a foregone conclusion it was going to be successful," recalled Mulroney.

"If you look at the jaded, cynical members of the press ... they were convinced this was not a Canadian thing to do. 'We don't do stuff like this. ... We don't celebrate the way that the Americans do.'

"And yet we proved them wrong. But we had to fight very hard against that sentiment."

Back in spring 2003, American Idol was flying high. Following the surprise-smash initial run of episodes in 2002, the show had just wrapped its must-see second-season. The show was so hot that even Justin Guarini appeared briefly marketable, with his debut solo record days from release when Canadian Idol launched.

The Idol format had already proved popular in various iterations around the world, but given the star-making turn from acidly acerbic British judge Simon Cowell on American Idol, it was obvious early on to executive producer John Brunton and his team at Insight Productions that assembling the judges would be crucial.

They settled on a four-person panel with three of those judges in familiar roles: husky-voiced belter Sass Jordan was the sympathetic, confidence-boosting artist on the panel (like an Earthbound Paula Abdul); promoter and manager Farley Flex was the forthright if generally positive industry insider — a la Randy Jackson; and entertainment lawyer Zack Werner was the Cowell-like outspoken bad boy, armed with a poison-tipped tongue and irreverent attitude toward the proceedings.

Jake Gold, the fourth judge who was best-known for steering the career of the Tragically Hip, among others, was blissfully free of any archetype.

THE CANADIAN PRESS

Ben Mulroney HANDOUT

FROM TOP: FARLEY, JAKE, ZACK AND SASS

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Someone collapses at the station, can you help? These convincing simulations will place you at the scene so you can effectively learn CPR while your phone's sensors measure your success.

The look of choice on Queen Street West in Toronto Sunday night might well be Thierry Lasry shades and drop-crotch pants as music fans gather for the block party of the year. Crossover K-Pop sensation PSY is sharing hosting duties at MuchMusic's annual MMVA bash along with VJ's Scott Willats and Lauren Toyota. Remember the Gentleman singer's style code: "dress classy to dance cheesy." Set the mood with the Red Carpet special at 8 p.m. ET and then the party airs live on MuchMusic, and on Fuse in the U.S. at 9 p.m. ET. Here's five reasons why you should tune in, or even better, turn up!

MIKE DJOC
scene@metronews.ca

5 reasons to watch this year's MMVAs

Red carpet roll up

Arriving in style is a hallmark of the MMVAs. In past years we've had Billy Talent roll up atop a Second World War era Sherman Tank on loan from an Ontario museum, Simple Plan cruise up in a pink limousine with band members rocking short white shorts and midriff-baring tees, and Katy Perry serving up cool treats in an ice cream truck. When it comes to outlandish entrances, Marianas Trench, who leads the pack this year with six nomination nods, typically takes the cake. In past years, the Vancouver pop-rockers have come to the carpet in a hot tub, human-size hamster balls and even a mobile bouncy house.

Video of the year

This is the biggie. Could it go to nominations leader Marianas Trench for Desperate Measures, where frontman Josh Ramsay channels Tom Cruise circa Risky Business and Toy Story's Woody, or perhaps Drake reliving his coming up days and hamming it up at Shoppers Drug Mart in Started from the Bottom? The other contenders in the mix are Serena Ryder for Stompa, The Weeknd for Wicked Games, and Classified for Inner Ninja.

Taking to the stage

Artists leave it all on the stage at the MMVAs — from Avril Lavigne's cheek-revealing rendition of Complicated back in 2002 (which she had fun with the following year with some intentional mooning action) to Lady Gaga's electric medley a few years back that culminated with fireworks shooting out of her bustier. This year PSY, the master of cheesy dance moves, may treat us to the wild gyrations that accompany Gentleman, his viral smash — the video has more than 400 million YouTube views — or kick it relatively old school by social media standards with Gangnam Style. Regardless, the performance slate for the MMVAs is dripping with hot artists that will keep audiences moving. The lineup includes Demi Lovato, Armin Van Buuren featuring Trevor Guthrie, Ed Sheeran and Marianas Trench.

Billy Talent

The MMVAS have been kind to these Mississauga punk rockers in the past, feting them with 29 nominations and nine wins. But they may want to clear off some shelf space on the mantle. The video for Surprise Surprise is on the ballot in a trio of categories, so they're in spitting distance of surpassing Our Lady Peace's all-time record haul of 10 wins. Who is the queen of the MMVAs? Look no further than Avril Lavigne, who'll notch her fifth MMVA performance (the most of any artist) this year.

Handling hot hardware

Taylor Swift is sticking around town after a pair of sold out shows at the Rogers Centre to hand out an award. Among the presenters joining T-Swizzle in distributing MMVAs to their worthy recipients are a bevy of faces sure to illicit teen squeals when they take the stage: Teen Wolf's alpha heartthrob Tyler Hoechlin, Revenge's Joshua Bowman, Glee's Naya Rivera, Big Bang Theory's Kunal Nayyar, Arrow's Stephen Amell (pictured) and Suits' Patrick J. Adams, to name a few.

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Brushing your pooch makes it look polished and pretty. But it has many more benefits.

It keeps your dog's coat free of tangles, matts and debris and removes old and shedding hair. It also gives you the opportunity to do a little doggie bonding and helps you learn about your dog's body — you can look and feel for lumps, cuts or scabs, as well as fleas and ticks. Note that this summer, the word is that ticks are out in full force, so be on the lookout.

Make brushing a positive experience for you and your dog by doing it regularly. The dog will get used to it, you will get good at it and there won't be an opportunity for tangles and matts to get out of control and make the process uncomfortable and lengthy.

"Start with a part down the backbone, so you know you're getting all the layers of hair," says Amy Graham, a PetSmart groomer and salon manager in Stoney Creek, Ont. Systematically, move from section to section to ensure you are getting all areas.

"Keep an eye on the dog's skin — if it appears red, he may be getting a brush burn."

Remember to brush gently, confining your brushing to the hair and not the skin as much as possible, especially in sensitive areas.

If you are using a deshedding tool on a shedding breed, "simply run the tool over the dog's coat to remove excess hair."

If the job gets too difficult for you to handle easily it may be time to take your dog for professional grooming.

STOCKLITE/VEER

THE RIGHT TOOLS FOR A HEALTHY COAT

- For double-coated breeds with thick undercoats like collies or collies or chow chows, choose a deshedding tool like a Furminator.
- For long-coated dogs without undercoats, such as poodles, use a slicker brush with short, pin-like bristles and a comb to check for knots and tangles.
- Short-haired dogs like boxers or bulldogs can be brushed with a rubber brush, or use a Furminator if you are trying to help reduce shedding."
- Also have some detangling spray on hand to help with tangles.

MANAGE YOUR DOG'S SHEDDING

In summer, shedding is nature's way of ridding a dog's body of the old, excess hair they grew during winter to insulate their bodies. Shedding also eliminates hair that might be damaged. Pet owners know that cleaning up a dog's shedding hair comes with the territory. Even hypoallergenic dogs like poodles shed a little. But there are ways to reduce shedding and remove hair effectively.

GIVE YOUR PET A BRUSH

Brushing your dog on a regular basis is one of the best ways to reduce hair in your home.

"While all breeds need to be brushed, it's especially important in summer for long-haired breeds with undercoats like golden retrievers, malamutes and huskies to help reduce shedding and cool the dog in summer," says Amy Graham, a groomer and salon manager with PetSmart in Stoney Creek, Ont.

Depending on the breed of your dog, brush at least three times a week — dogs with lots of excess hair will benefit from daily brushing.

BATHE YOUR DOG

This is easier for short-haired breeds without thick undercoats like pugs or labs.

"If your dog is matted or has a thick undercoat, bathing may only make the matting worse or make it difficult to rinse out the shampoo, which is bad for the skin," Graham says. "Leave the tough jobs like these to a groomer."

GET YOUR DOG GROOMED

"Groomers have professional-strength blow dryers and tools to make the job more efficient," Graham says. "A groomer's blow dryer is so strong that it loosens the undercoat, and the groomer can brush during the drying process, something that can't be done easily at home."

Long-coated dogs should go to the groomer every four to six weeks; short-coated dogs every six to eight weeks.

FEED YOUR DOG THE RIGHT DIET

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The steak house comes to dad this Father's Day

Dinner. Cook this twist on the Batman and Robin of manly fare — steak and potatoes

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 4 tbsp extra-virgin olive oil
- 2 medium russet potatoes, peeled and coarsely grated, preferably using the grating disk of a food processor
- Kosher salt and black pepper
- 1 medium shallot, minced
- 1 tbsp white wine vinegar
- 2 tbsp dry white wine
- 2 tsp dried tarragon
- 6 oz 1/3-less fat cream cheese (Neufchatel)
- 1 1/2 lbs flank steak, trimmed of any visible fat
- 1 1/2 lbs baby spinach leaves
- 2 cloves garlic, minced
- 2 tsp chopped fresh tarragon

1. Heat the oven to 350 F.

2. In a large nonstick skillet over medium-high, heat 1 tablespoon of the oil. Add the grated potatoes, pressing them down with a spatula, then reduce the heat to medium and cook until golden brown on the bottom, 10 to 12 minutes. Remove the skillet from the heat. Set a large dinner plate over the skillet, then invert to transfer the potatoes, browned side up, onto the plate.

3. Return the skillet to the heat and add another 1/2 tablespoon of oil. Slide the potatoes back into the skillet, browned side up. Cook until golden brown on the second side, about another 10 minutes. Season with salt and pepper, then transfer to a sheet pan and place in the oven to keep warm.

4. Meanwhile, in a small saucepan over medium-high, combine the shallot, vinegar, white wine, tarragon, a hefty pinch of salt and a few grinds of pepper. Bring to a boil, then reduce heat to simmer. Cook gently until reduced to about 1 tablespoon. Add the cream cheese, 1 tablespoon at a time, whisking each until incorporated. Whisk in 2 tablespoons water, then set aside.

5. Wipe out the skillet, add 1 tablespoon of the remaining oil and heat it over medium-high. Pat the steak dry, sprinkle it on both sides with salt and pepper, then add it to the skillet. Cook the steak to desired doneness, 4 to 5 minutes per side for medium rare, then transfer it to a platter, cover it loosely with foil and let it rest for 5 minutes.

6. While the steak is resting, add a tablespoon of the oil to the skillet and reduce the heat to medium. Add the spinach in 4 batches, adding more as each batch cooks down slightly. Add the remaining 1/2 tablespoon of oil after the first 2 batches of spinach. Cook until the spinach is just wilted, then add the garlic and salt and pepper to taste. Cook for another minute, then keep warm on low heat.

7. Remove the potato pancake from the oven and cut it into 6 wedges. Slice the steak thinly at an angle against the grain. Add the juices from the resting steak to the sauce along with the fresh tarragon, and additional water, if necessary, to reach the desired consistency. Warm the sauce over medium heat just until hot.

8. Transfer a potato wedge, a mound of spinach and some of the steak to each of 6 serving plates. Drizzle the sauce over each portion of steak and serve immediately. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Liquid Assets

A glass of inspiration

LIQUID ASSETS
Peter Rockwell
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One of my resolutions for 2013 was to barbecue better. I've spent too many years tossing burgers on the grill and turning back to my glass while they slowly turn into charcoal.

For inspiration, I've looked to Argentina. It's a country where grilling is more than a cooking philosophy, it's a way of life.

While beef is king at an asado, the Argentinean term for barbecue, a typical grilled menu can cover a number of courses featuring a variety of meat cuts including organs that Canadians find an acquired taste. Chitlins anyone?

Nothing washes down all that protein better than a glass of red wine, which is one of the reasons why malbec is the star of Argentina's wine industry.

The grape produces deep, dark wines with varying levels of spiciness that pair perfectly with accretive flavours (like those found in barbecue sauces) and helps massage the meat.

Bodegas Catena Zapata is one of the country's most celebrated vineyards. Its 2011 Alamos Malbec ($13.95 to $14.99) is a balanced red with ripe berry fruit and a flowing black pepper trail.

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Modern dad Chris Pegula, sporting a DiaperDude bag, and his son Cole. AP PHOTO

Moms everywhere hail the dawn of the modern-day dad

Joint effort. The days of one-sided parenting appear to be a thing of the past as new age fathers everywhere step up to the plate

Laura Radocaj of Vero Beach, Fla., was warned when she was pregnant with twins that motherhood would be harder than she imagined — especially because she planned to go back to work while the twins were still babies. "But this has been the easiest transition," said Radocaj, 28, who works from home in corporate communications. So what's her secret?

Her husband, Marco, also 28, puts in just as much time with child care and housework as she does, even though he works full-time for an air-conditioning company. "If your partner is splitting things 50-50, it's easy," said Laura. "Before, when everyone made motherhood seem like such a big deal, men weren't chipping in as much."

Something is changing with today's young fathers. By their own accounts, by their wives' testimonies, and according to time-use studies and other statistics, more men are doing more around the house, from packing school lunches and doing laundry to getting up in the middle of the night with a screaming infant.

"If it's not my job, then it's her job, and that wouldn't be fair," said Marco.

But it's not just about sharing chores. For dads in their 20s and 30s, being an involved father is part of their identity. They blog about changing diapers, they chat nonchalantly with colleagues about breast-feeding, and they trade recipes for baby food while working out with guys at the gym.

For their part, the new dads say they want things divided equally. Fatherhood, says Jeremy Foster, 37, of Kansas City, Mo., has gone from a "provide, protect scenario, to a team effort, especially nowadays with couples raising children where both work full time."

Light bulb moment

"They (the baby bags) were so feminine, there was no way in hell I was going to carry one of them."

Founder of DiaperDude bags Chris Pegula
On what first got him thinking about making baby bags for fathers.

Foster and his wife also have his-and-her diaper bags — hers with a floral pattern, his a grey-and-orange messenger bag from DiaperDude.com. The company was founded 10 years ago by Chris Pegula of Santa Monica, Calif., a father of three who was put off by his wife's taste in diaper bags.

"They (the baby bags) were so feminine, there was no way in hell I was going to carry one of them," said Pegula, now 41. "They had colourful stripes and flowers and leopard prints. They were basically purses. I went to look for a bag for myself but there wasn't anything on the market in a dad category." Diaper Dude now sells dozens of styles designed to appeal to men, from camouflage prints to bags with baseball team logos.

Part of why dads are doing more around the house may be that women are doing more in the workplace. A study from the Pew Research Center this month found that mothers are the breadwinners in a record 40 per cent of families.

At the same time, the number of stay-at-home dads is twice what it was 10 years ago — though still a relatively small number at 176,000. And in two-thirds of married couples with children under 18, both parents work, according to the U.S. Census.

THE ASSOCIATED PRESS

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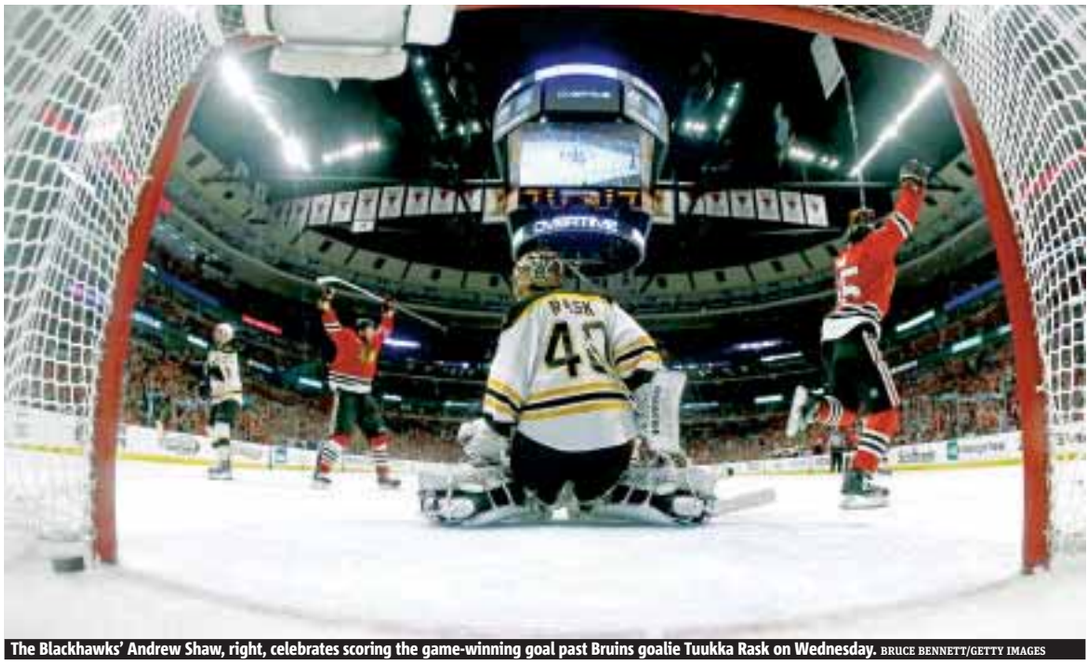


The Blackhawks' Andrew Shaw, right, celebrates scoring the game-winning goal past Bruins goalie Tuukka Rask on Wednesday. BRUCE BENNETT/GETTY IMAGES

Bruins not fazed by 3OT loss in Game 1

Stanley Cup final. Boston and its veterans drawing from experience gained in 2011 playoff run

Boston coach Claude Julien isn't worried because the Bruins have been here before.

Even after a triple-overtime loss to Chicago in Game 1 of the Stanley Cup final that would demoralize the most veteran of groups, the Bruins are calm and confident.

"We've been through a lot," Julien said. "You can chalk that down to experience of having been through a lot, the ups and downs. So we don't get rattled anymore. We know what we can do."

Julien recalled trailing the Vancouver Canucks 2-1 in the 2011 final before coming back to win in seven. He also pointed out that the Bruins lost the first two games to the Montreal Canadiens at home in the first round two years ago.

"I think you've had experience in the past when we've been down two games and bounced back," centre Chris Kelly said. "Being here before and knowing what to expect is definitely beneficial."

So climbing out of a hole is nothing new for Boston, which still has most of its team intact but might have to play Game 2 on Saturday without right-winger Nathan Horton, who left Wednesday night with an apparent upper-body injury.

With or without Horton, the Bruins have plenty of leaders who know the drill.

"Vancouver it was everybody's kind (of) first time around, right?" defenceman Andrew Ference said. "So you lose those couple games (it's) maybe a heavier feeling than it is this morning amongst the group because guys are probably a little bit better at turning the page." THE CANADIAN PRESS

Anyone's game

"We could be sitting here today up 1-0 as much as we are down 1-0."

Bruins coach Claude Julien brushed off Game 1's winning goal as a "hockey play."

The survey says

Canadians back NHL's visor rule, poll finds

A new poll suggests a majority of Canadians support the NHL's decision to make visors mandatory for incoming players.

Four out of five people surveyed in a Canadian Press Harris-Decima poll said they agreed with the new proposal.

Some 52 per cent strongly agreed with the new rule, which still needs to be approved by the NHL board of governors, while 28 per cent somewhat agreed.

Only eight per cent disagreed with the change. THE CANADIAN PRESS

NHL

Stars prospect Winkler dead at 23

Dallas Stars prospect Scott Winkler has died in his home country of Norway after recently completing his senior season at Colorado College. He was 23.

School officials said in a news release that Winkler died unexpectedly Wednesday at his parents' home. The native of Asker, Norway, was a third-round pick by the Stars in 2008.

And the Edmonton Oilers say they have been unable to confirm reports that one of the team's prospects is missing and has possibly drowned. The Oilers put out a statement Thursday saying they were aware of reports Kristians Pelss was unaccounted for in his home country, Latvia, but were unable to confirm conflicting information in that country's media. THE CANADIAN PRESS

Pens GM staying the course with core group

The Penguins have agreed to terms with Evgeni Malkin on an eight-year, $76-million contract extension. THE ASSOCIATED PRESS FILE

The Pittsburgh Penguins could have blown it all up.

Swept out of the Stanley Cup playoffs in the Eastern Conference final by the Boston Bruins, speculation swirled about the futures of coach Dan Bylsma, superstar Evgeni Malkin and goaltender Marc-Andre Fleury.

Amid calls for action, general manager Ray Shero got busy after the Penguins were ousted. But his moves have been the opposite of a complete overhaul.

"It's easy to change," Shero said Wednesday in Pittsburgh.

Shero extended Bylsma and his assistants' contracts two years through the 2015-16 season, gave Fleury a vote of confidence as the team's franchise goaltender and then Thursday agreed to terms with Malkin on an eight-year, $76-million contract extension that could keep him with the Penguins for the balance of his NHL career. It was the equivalent of doubling-down on what has worked so well for years, even though it didn't end well in the playoffs.

"I think Ray believes in the core group that he has, and he believes he can win with them," Malkin's agent, J.P. Barry, said in a phone interview. "They made the final four this year, again, and they had a bad round, for sure. But I think he believes in this core and he wants to stay the course and believes his team can win. That's ultimately what his assessment was." THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Good things are sure to come your way today but exactly what kind of good things remains to be seen. You may well benefit from something you hear, maybe when you should not have been listening.

♉ Taurus
April 21 - May 21
Anyone who tries to make you feel you have done something wrong is not a friend and best avoided. Your mood is positive, so it's unlikely you will be too fazed.

♊ Gemini
May 22 - June 21
You will sail through what has to be done today. You will find ways to overcome obstacles placed in your path. Gemini is one of the more adaptable signs of the zodiac, and that works in your favour.

♋ Cancer
June 22 - July 23
You have much to think about today and you need to make sure you are not interrupted by people whose problems are, to your mind at least, rather trivial. Find a quiet corner where you can think in peace.

♌ Leo
July 24 - Aug. 23
What appeared so difficult yesterday will suddenly be the easiest thing. Chances are it wasn't actually that difficult at all. You were just in an unnecessarily negative frame of mind.

♍ Virgo
Aug. 24 - Sept. 23
Stop worrying what others might think and do what you feel is right. Sometimes you can be a bit too analytical for your own good, so switch and let your heart guide you.

♎ Libra
Sept. 24 - Oct. 23
You may have to tell someone that you cannot deliver on what you promised. Chances are they won't mind in the slightest. It seems like they didn't want you to do it.

♏ Scorpio
Oct. 24 - Nov. 22
The solution to a problem is simplicity but you are unlikely to see it if you are so convinced there has been an injustice. Calm down, it's really not that important.

♐ Sagittarius
Nov. 23 - Dec. 21
Stop panicking and trust your instincts. If you listen to the small voice inside your head you will find a way out of your dilemma. It's amazing what a bit of perspective can do.

♑ Capricorn
Dec. 22 - Jan. 20
People you work with may do things you don't approve of today but in the greater scheme of things it's no big deal. By all means laugh when they discover they've made fools of themselves.

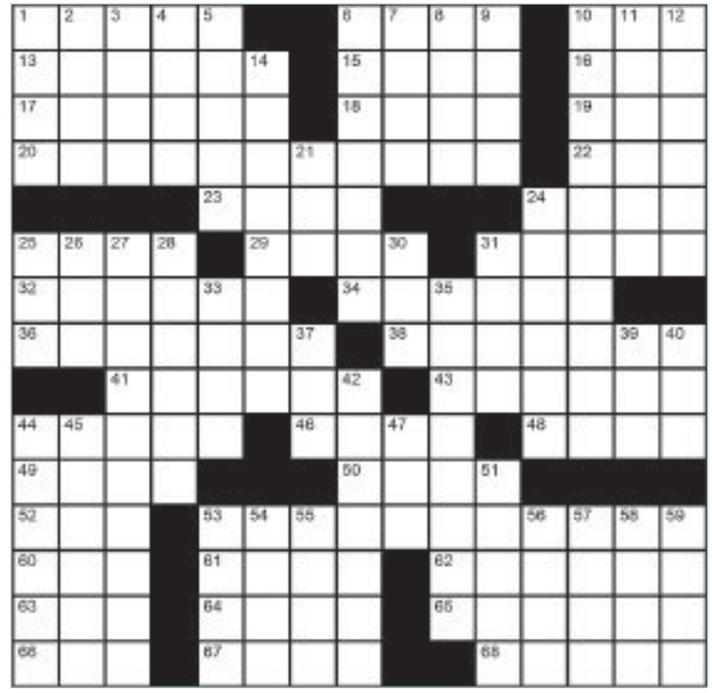
♒ Aquarius
Jan. 21 - Feb. 19
With both Mars and Jupiter moving through the most dynamic area of your chart, you are full of confidence and eager to show what you can do. So, what can you do? Absolutely anything you like.

♓ Pisces
Feb. 20 - March 20
What happens today will encourage you to believe that the good days are on their way back but that is not an invitation to do something stupid. Keep your goal in mind at all times, and keep moving towards it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

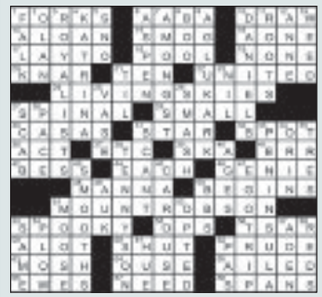
BY KELLY ANN BUCHANAN



Across
1. "Man of __" (2013)
6. Up to it
10. __ alai
13. Column
15. Rosary piece
16. Bear: Spanish
17. "I think that's _ __ too light." (Paint chooser's comment, perhaps)
18. __-Flush
19. Halt
20. Newspaper for Metropolis: 2 wds.
22. Kind of whale
23. Flower pot stuff
24. "Star Trek II: The Wrath of __" (1982)
25. Last letters
29. Rivers: Spanish
31. Finger holes instrument
32. Morning meal
34. Some trees
36. Slanders
38. Superman's home planet
41. Toughens
43. Restaurant
44. Slopes or tilted positions
46. Fashion designer Mr. Jacobs
48. "...there __ __ square."
49. Mr. Onassis, et al.
50. "I'm tired!"
52. Dalmatian's doc
53. The English, in Quebec
60. "Take __, _ insist."
61. Salami shop
62. Capital of Albania
63. Toilet, British-style
64. Full moon, some say
65. Position
66. Mr. Chaney Jr.
67. Tune
68. Someone __ (Not mine)

Down
1. WWI fighter plane
2. "'__ _ lovely play." ...said the Shakespeare fan
3. School grades K-12, for short
4. Airline of Israel: 2 wds.
5. PEI's provincial flower, __ Slipper
6. Biblical son of King David
7. Lima __
8. Lois __ (Character in #1-Across)
9. Change
10. Superman creators, Jerry Siegel ...and this Toronto-born cartoonist: 2 wds.
11. Equally spic-and-span: 2 wds.
12. Medicine cabinet stuff for wounds
14. Clark Kent's job
21. Gladiator's 52
24. Compulsive thief, in slang
25. General __ (Villain in #1-Across)
26. Scot's uncle
27. Canadian game show Jim Perry hosted
28. Inclines
30. Cinch__ (Hefty garbage bag)
31. "Go ___ _ kite!"
33. Australian birds
35. Rules of conduct
37. Academic year div.
39. Ball shape
40. 'The Science Guy', Bill __
42. Young tree
44. Henry __, star of #1-Across
45. Retort to "Am not!": 2 wds.
47. Greek†alphabet letter
51. Editor-in-Chief of #20-Across, Perry __
53. Big fusses
54. Captain __ (Character created by writer Jules Verne)
55. Oakville, ON: __ Abbey Golf Club
56. __-B (Toothbrush brand)
57. Grannies
58. 'Exist' suffix
59. Convenient mailing encls.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		9				8		1
	2		1		9		7	
5								9
		2	3		7	1		
	6						4	
		5	6		4	3		
1								2
	3		4		5		1	
8		4				6		3

Yesterday's Sudoku

3	8	2	1	6	7	4	5	9
7	6	5	9	4	3	1	2	8
1	4	9	8	5	2	3	6	7
2	1	4	7	3	6	9	8	5
5	3	6	4	8	9	7	1	2
8	9	7	2	1	5	6	4	3
4	2	8	3	7	1	5	9	6
6	7	1	5	9	8	2	3	4
9	5	3	6	2	4	8	7	1

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